



In consideration of being allowed to participate in any way in the programs offered by the YMCA, or related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. While YMCA staff and instructors make every reasonable effort to minimize exposure to known risks, the YMCA recommends that you consult your physician before participating in any YMCA program and/or using any YMCA fitness equipment or facilities.
2. Neither the YMCA or its staff, instructors or volunteers are licensed medical care providers and do not have expertise in determining the effect of any specific program such as an exercise program, or equipment on a medical condition.
3. You understand and agree that in registering for a YMCA program and/or using any YMCA fitness equipment or facilities, you may be involved in physical activity and that with any physical activity there is a risk of injury.
4. By participating in YMCA programs and/or using YMCA fitness equipment or facilities, you agree that you are participating voluntarily and do so at your own risk and you agree to fully release the YMCA and its officers, directors, agents, staff, instructors and volunteers from all claims or lawsuits for any injuries, death, property damage or theft, losses or any other liability of any kind, arising directly or indirectly out of your participation in YMCA programs and/or use any of YMCA fitness equipment or facilities.
5. Participant hereby, in his/her personal capacity, and also as parent and/or guardian the Participant, and on behalf of heirs, assigns, personal representatives and next of kin, hereby release and hold harmless, YMCA of Southwestern Ontario, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.

I HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

MEMBER NAME:	MEMBER SIGNATURE:	DATE:
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YMCA OF SOUTHWESTERN ONTARIO POLICIES:

MEMBER ETIQUETTE:

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. At the Y, our coaches, staff, and volunteers are here for you, please connect with us if you have any questions or require assistance.

1. Participants must be 13+ years of age to be in the fitness centre. Children 10-12, accompanied by a parent/guardian, are allowed in the fitness centre once they have completed a training program.
2. Indoor supportive footwear and athletic attire must be worn at all times.
3. The use of cameras is prohibited within all program areas unless proper consent has been given.
4. Glass containers, bags and jackets are not permitted for your safety.
5. Wipe equipment after each use and discard wet towels in containers provided.
6. Please allow other members to use equipment between sets.
7. Gently place weights on the floor between sets and return all equipment to designated locations after use.
8. We request all difficult free weight lifts are performed with assistance.

CHILD PROTECTION & SIGN IN/OUT:

The YMCA of Southwestern Ontario is fully committed to safeguarding the welfare of all children in its care and vulnerable persons accessing YMCA programs and services. We all share a responsibility to protect children and vulnerable persons from harm. The YMCA recognizes its responsibility to promote safe environments and practices and to protect children and vulnerable persons from abuse and exploitation.

Every child must be signed in and out of each program they are participating in. Children ages 8 and under must be signed in by their parent/guardian or authorized adult. Valid photo ID must be presented when picking up and signing a child out of program. Parent/Guardian or authorized adult must remain in the building. Children ages 9-12 years old are able to sign themselves in and out of programs.

SWIM ADMISSION:

All swimmers 12 years of age and younger must either:

- Pass the facility swim test and wear a YMCA swim wristband OR swim WITHIN ARM'S REACH at all times of a guardian in shallow water
- One guardian, 13 years of age and older can supervise FOUR swimmers who have not completed the swim test if they are all wearing a Personal Floatation Device (PFD), OR two swimmers not in PFD's
- Swimmers 8 years of age and younger displaying the YMCA swim wristband must have a guardian remain within the pool area

I have read, understand and freely accept the terms and conditions stated above

MEMBER NAME:	MEMBER SIGNATURE:	DATE:
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Honesty Caring Respect Responsibility Inclusiveness